



Prime Test[®] Guide

Hidden Food Allergies Test

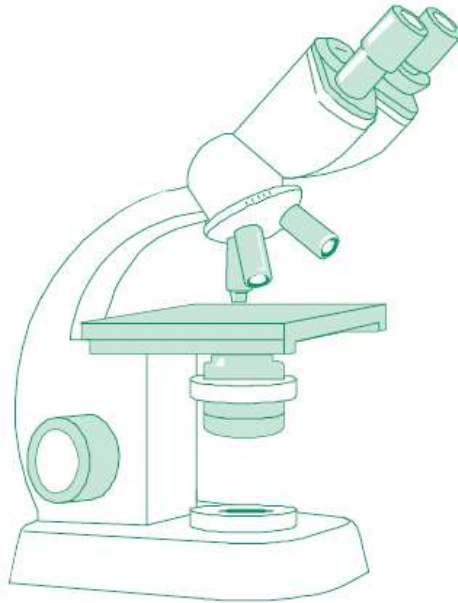
The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease
Thomas A. Edison



HIDDEN FOOD ALLERGIES

Recent scientific research has shown that when we eat foods that are not compatible with our immune systems the foods cause reactions which damage and kill our white blood cells.

This starts a chain reaction that can cause many different symptoms and ailments anywhere in our body. This type of reaction is called a delayed allergy. Delayed food and chemical allergies are sometimes referred to as food sensitivities or intolerances and are very different from the acute type of allergies tested for by traditional allergists. Acute food allergy symptoms are typically immediate and severe while delayed allergies can take hours or days to cause symptoms and are often responsible for several different symptoms simultaneously. Studies show that less than three percent of the population has acute food allergies and more than 80 percent have delayed food allergies.



PRIME TEST RESULTS

There are four levels of reaction, 1 is the lowest and 4 is the highest; however, the less damaging number 1 reaction may cause severe symptoms in the body like a more damaging higher level of reaction.

With any level of reaction, the item needs to be avoided.

Number 1 indicates the item damages the body because it causes platelet aggregation and should be eliminated for one-two months.

Number 2 indicates the item has caused damage to around one third of the white blood cells and should be eliminated for two-three months.

Number 3 indicates the item has caused damage to around two thirds of the white blood cells and should be eliminated for three- four months.

Number 4 indicates the item has caused damage to nearly all of your blood cells and the item should be eliminated for six months.

The test does not detect acute IgE type reactions. Do not eat foods already known to cause problems. If you have avoided a reactive food for more than one week prior taking the test, it may not react on the Prime Test.

FOOD AT RISK

The scientific research indicates that the major number of hidden food allergies can be eliminated, simply by eliminating the foods that are positive to the test for a period of time that varies from one to six months, according to the level of reaction, before reintroducing them in the diet.

From the results of test (hundreds of patients have been tested) the foods of higher percentage of reactions are

- Yeast
- Wheat
- Brassica
- Peanuts
- Soy beans
- Chocolate
- Tomatoe
- Coffee
- Tuna
- Chicken
- Beef
- Milk's cow



FOOD ALTERNATIVES

After the Prime Test we suggest the following alternatives

YEAST

It is necessari to avoid

- bread's yeast
- beer's yeast
- natural yeast

all the alcoholic beverages made by fermentation (wine, beer, cognac, whisky ecc.)
aceto

It is allowed:

Baking yeast

Beverages made by distillation (gin, grappa, vodka, tequila ecc.)

Bread substitutes :

- bread with no yeast
- crackers without yeast
- rice crackers
- corn crackers

apple vinegar

WHEAT

It is necessari avoid:

Wheat pasta

Wheat bread

Wheat crackers

Creams containig wheat

Fried food

It is allowed :

- rice
- rice noodles
- corn
- spelt
- buckwheat
- rice crackers
- corn crackers
- spelt crackers
- barley
- oats
- rye
- rye bread
- millert

COW'S MILK

It is necessari to avoid:

cow's milk

cow's cheese

foods conteining milk (creams, ice creams, candies, cakes ecc.)

It is allowed :

goat's milk

goat's yogurt

burro di capra

goat's cheese

sheep' cheese

Eat cow's meat only twice a week

BEEF

It is necessari to avoid:

Beef's meat

veal

It is allowed to eat all the kinds of meat negative to the test

EGGS

It is necessari avoid:

Chicken egggs

Egggs noodles

paste all'uovo

cakes , ice creams and biscuits conteining eggs

It is allowed:

quail eggs

duck eggs

ostrich eggs

OLIVE OIL

It is allowed:

corn oil

rice oil

sunflower seed oil

peanut oil

COFFEE AND TEA

It is allowed:

decaffeinated coffee

barley coffee

cicory coffee

tea

herb tea

Rotary Diversified Diet

Rotating foods means separating occasion when you eat each individual food by at least three days, and eating it on the fourth day. As an example, if you have carrots at one meal on Monday, avoid carrots for at least three days, and eat them on Friday.

With some foods it is also helpful to rotate the food families, so that a full day passes without eating any two foods from the same family. Carrots and celery are in the same family; therefore, carrots can be eaten at one meal on Monday, celery at one meal on Wednesday, and carrots at one meal on Friday.

During the first eight days as you are becoming free of delayed food allergies, it is helpful to follow a Rotary Diversified Diet to verify that foods the Prime Test indicated were compatible are in fact compatible.

After you have tested your food twice over eight days and you are sure they are working fine, you can begin adding other food which your Prime Test indicated as compatible.

The first food to put on your Testing Menu are those which you have not eaten frequently and have no other reason to suspect. Test by eating only one food at meal, preferably at breakfast. If you did not react to carrots on your Prime Test, have a breakfast of carrots and keep track of how you feel.

The best food to test first are those with number 1 reactions because you are most likely to have developed a tolerance to them. Eat only one food at the test meal and eat a moderate amount, around 300 calories. If you eat other foods at the meal you may confuse the result of the test. Let at least seven days go by before you test the next reintroduced food so you will not mistake a delayed reaction from the first food a reaction to the second food.

A wide variation exist in the ways people stop reacting, or clear from delayed food allergies. Most people will develop tolerance to many of their allergenic foods and need to avoid a small number of persistently damaging foods. If you have cleared regarding the tested food, you can occasionally return it to your menu. If you did not clear, you need continue avoiding that food. If you want to, you can test it again in about six months.

Testing Menu for the First Eight Days

Name _____ Weights are for foods as purchased. Buy organically grown foods whenever possible. Eat vegetables raw or steam lightly, do not boil or bake. Drink several glasses of water between meals, none with meals. After day 4, return to day 1. Date _____

	Snack	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 & 5						
Day 2 & 6						
Day 3 & 7						
Day 4 & 8						

Day _____ Personalized Supplements

1 Each day, take approximately 1,000 milligrams of pure Ester-C one-half hour before breakfast and dinner.

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^a Arrowhead Mills brand is organic and a good choice. It is best to soak dried beans overnight before cooking them for an hour in clean water. Peach fish in clean water. Call on day 7 for follow-up.
^b For vegetarians: It is not necessary to eat fish or other animal products, you get all the protein and other nutrients necessary for great health from this menu without them, except vitamin B₁₂. See page 233 in *Quality Longevity* for information on B₁₂. Asterisk (*) means usually high in pesticides. Use this page for making copies. See chapter 11 for information about these foods.